



# A nutrition Fact Sheet



## Color Your Way To A Healthy Day!

Mom always said, “Eat your greens.” Now we’re learning that blues, reds, yellows, oranges, purples, and even whites are good for you, too. All colors of fruits and vegetables have a variety of vitamins, minerals, and phytochemicals that help lower the risk of some cancers and help keep us ‘heart healthy.’

ChooseMyPlate.gov recommends at least 1½ cups of fruit and 2½ cups of vegetables each day.

**Blue/Purple** fruits and vegetables in your diet help with:

- Memory function
- Healthy aging
- Urinary tract health

**Red** fruits and vegetables in your diet help in:

- Aging healthfully
- Fighting disease

**Green** fruits and vegetables help with:

- Vision health
- Strong bones and teeth

**White** fruits and vegetables in your diet are good for:

- Keeping cholesterol levels in check
- Heart health

**Helpful Hints:** Fruits and vegetables can be enjoyed year-round by purchasing them fresh, frozen, or canned. Frozen fruits make quick smoothies. Canned vegetables are helpful when cold storage is limited. You have a variety of choices when it comes to having fruits and vegetables on hand. The next page is a guide to help you purchase fresh produce in season, when it is the least expensive.

**Yellow/Orange** fruits and vegetables will help maintain:

- A healthy immune system
- Vision health

### Ideas for a Rainbow of Fruits and Vegetables

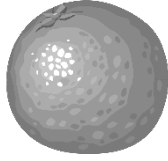
<u>Blue/Purple</u>	<u>Green</u>	<u>White</u>	<u>Orange/Yellow</u>	<u>Red</u>
Blackberries	Avocado	Bananas	Apricots	Apples
Blueberries	Grapes	Pears	Cantaloupe	Cherries
Purple cabbage	Honeydew melon	Cauliflower	Oranges	Raspberries
Purple grapes	Kiwi	Onions	Peaches	Watermelon
Plums	Broccoli	Turnips	Squash	Strawberries
Beets	Lettuce	Nectarines	Corn	Tomatoes
Figs	Spinach	Jicama	Pineapple	Red pepper

*Eat your colors every day!*

## TOP TEN FRESH FRUIT AND VEGETABLE BUYS

### January

Apples,  
Grapefruit,  
Oranges, Pears,  
Tangerines,  
Brussels Sprouts, Broccoli,  
Cabbage, Cauliflower, Turnips



### February

Apples, Oranges, Pears,  
Tangerines, Grapefruit, Bell  
Peppers, Brussels Sprouts,  
Cabbage, Cauliflower, Radishes



### March

Apples, Grapefruit, Oranges,  
Pineapple, Strawberries,  
Asparagus, Broccoli, Cabbage,  
Lettuce, Spinach

### April

Honeydew, Pineapple,  
Oranges, Rhubarb, Strawberries,  
Celery, Artichokes, Asparagus,  
Bell Peppers, Green Beans

### May

Cantaloupe, Papaya, Pineapple,  
Rhubarb, Strawberries, Bell  
Peppers, Asparagus, Corn,  
Cucumbers, Lettuce

### June

Apricots, Cantaloupe, Cherries,  
Honeydew Melon, Mangos, Bell  
Peppers, Corn, Cucumbers,  
Green Beans, Green Peas

### July

Blueberries, Cantaloupe,  
Cherries, Nectarines,  
Watermelon, Beets, Bell  
Peppers, Corn, Cucumbers,  
Tomatoes

### August

Grapes,  
Honeydew, Nectarines,  
Peaches, Plums, Corn, Bell  
Peppers, Spinach, Tomatoes,  
Zucchini



### September

Apples,  
Grapes,  
Honeydew, Pears, Pineapple,  
Beets, Broccoli, Cauliflower,  
Squash, Tomatoes



### October

Apples, Cranberries, Grapes,  
Pears, Pomegranate, Brussels  
Sprouts, Cabbage, Cauliflower,  
Pumpkin, Squash

### November

Apples, Cranberries, Grapes,  
Oranges, Pears, Broccoli,  
Cabbage, Jicama, Sweet Potato,  
Turnips

### December

Apples, Grapefruit, Oranges,  
Tangelos, Tangerines, Broccoli,  
Cabbage, Cauliflower, Jicama,  
Sweet Potato

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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